



Superquick Chermoula Chickpea Curry & Rice

with Toasted Almonds & Yoghurt

TASTE OF MIDDLE EAST

NEW

Grab your meal kit
with this number

10



Basmati Rice



Courgette



Chickpeas



Chermoula Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Baby Leaves



Greek-Style Yoghurt



Slivered Almonds



Diced Chicken



Halloumi/Grill Cheese

Prep in: 15-25 mins
Ready in: 15-25 mins

Dive into bold flavours with tonight's curry! Packed with warm spices and hearty chickpeas, it's served over fluffy rice and topped with crunchy slivered almonds and a dollop of creamy yoghurt. It's a cozy, flavour-packed hug in a bowl!

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
courgette	1	2
chickpeas	1 tin	2 tins
chermoula spice blend	1 medium sachet	1 large sachet
tomato paste	½ packet	1 packet
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
water*	¼ cup	½ cup
baby leaves	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	2 medium packets
slivered almonds	½ packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2942kJ (703cal)	499kJ (85cal)
Protein (g)	27.6g	4.7g
Fat, total (g)	34g	5.8g
- saturated (g)	17.2g	2.9g
Carbohydrate (g)	93.1g	15.8g
- sugars (g)	12.2g	2.1g
Sodium (mg)	1290mg	219mg
Dietary Fibre (g)	17.8g	3g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW05



1



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain.

3



Cook the chickpeas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **courgette**, until tender, **4-5 minutes**.
- Add **chermoula spice blend**, **tomato paste** (see ingredients) and **chickpeas** and cook until fragrant, **1-2 minutes**.
- Add **coconut milk**, **vegetable stock powder** and the **water**, stirring, until slightly thickened, **2-3 minutes**.
- Stir through **baby leaves** until wilted, **1-2 minutes**. Season with **salt** and **pepper** to taste.

2



Get prepped

- Meanwhile, slice **courgette** into thin rounds.
- Drain and rinse **chickpeas**.

4



Finish & serve

- Divide rice between bowls.
- Top with chermoula chickpea curry. Drizzle over **Greek-style yoghurt** and sprinkle over **slivered almonds** (see ingredients) to serve. Enjoy!

CUSTOM OPTIONS



ADD DICED CHICKEN

In a large frying pan, cook with a drizzle of olive oil, 3-4 minutes. Stir through before serving.



ADD HALLOUMI/GRILL CHEESE

Cut into bite-sized chunks. Cook until browned, 3-4 minutes. Stir through before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

